



## Prepopik Bowel Prep for Morning Procedures With Medication

Facility: \_\_\_\_\_

Procedure Date:/Time: \_\_\_\_\_

Report to:/Report Time: \_\_\_\_\_

### DAY BEFORE PROCEDURE:

#### PREPARATION DIET

**FOLLOW THE DIRECTIONS PROVIDED BY THE DOCTOR AND NOT ON THE MEDICATION BOX!**

The day before your colonoscopy you may have breakfast until 11:00 am

After **11 am** you will be on a clear liquid diet such as: **water, clear fruit juices** (ex: apple juice, white grape juice, white cranberry juice), **Gatorade®** (except purple and red flavors/tints), **clear broth** (chicken or beef), **Jell-o®** (except purple and red flavors/tints), **weak tea** (without cream), **coffee** (without cream), **icy Popsicles** (except orange and red flavors/tints), and **regular or diet soft drinks** (except purple and red flavors/tints). **(A clear liquid is anything that you can read the newspaper through. THIS DOES NOT INCLUDE ALCOHOL)**

**At 3:00 pm – Prepare the first 5 ounces of solution using a packet of Prepopik:**

Tear open one of the packets provided in the kit and pour it into the container. Fill the container with water to the 5 ounce mark. Stir for 2-3 minutes or until powder has dissolved. **After drinking the five ounce of Prepopik solution**, drink no less than an additional **five 8-ounce** (the upper line on the dosing cup) cups of clear liquids at a rate that is comfortable for you.

**At 9:00pm – Prepare the second 5 ounces of solution the same as you did the first. After drinking the five ounce of Prepopik solution**, drink no less than an additional **three 8-ounce** of clear liquids at a rate that is comfortable for you. You may continue to drink clear liquids until midnight.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY BEFORE YOUR PROCEDURE. THIS INCLUDES WATER, CHEWING GUM, HARD OR SOFT CANDY ETC.**

### MORNING of PROCEDURE:

1. Bring insurance card(s). Leave valuables at home.
2. Please note that all blood pressure medications should be taken the morning/evening prior to your surgery with a sip of water. Do not take any diuretics prior to surgery.



**SURGICAL OR ENDOSCOPY PROCEDURES CANCELLED AND RESCHEDULED WITH  
LESS THAN 3 BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE.**

**NO DRIVING UP TO 12 HOURS AFTER YOUR PROCEDURE**

Due to the sedation given for this procedure, you will need a designated driver.

It is imperative that your driver remains in the waiting area at all times.

**NOTIFY the PHYSICIAN’S NURSE**

1. If you think that your bowel prep did not completely clear the intestines for any reason, please call your doctor or the doctor on call for an alternative prep..
2. If you have a history of artificial heart valve, recent joint replacements (within the last 1 year) or have been hospitalized for bacterial endocarditis, **please call your surgeon or primary care physician** so that antibiotic coverage can be arranged prior to your procedure.
3. If you are on any type of prescribed medications, **please notify the prescribing doctor** of your upcoming colonoscopy/surgery. Please make sure that doctor agrees that it is okay to stop the medication.

These types of drugs should be stopped 5-7 days prior to your procedure (if recommended by your prescribing physician).

<b>Blood thinners</b>	<b>NSAIDS</b>	<b>OTC Supplements</b>
Aggrenox (dipyridamole+ aspirin)	Aspirin ( Excedrin, bayer)	Fish oil
Aggrastat (tirofiban)	Celecoxib (celebrex)	Garlic in large amounts
Arixtra (fondaparinux sodium)	Ibuprofen (advil, motrin)	Ginko biloba
Coumadin (warfarin)	Indomethacin ( indocin)	Ginger
Dicumarol (dicumarol)	Mag salicylate (bayer select)	Ginseng
Effient (prasugrel)	Meloxicam (mobic)	St John’s Wart
Integrilin (eptifibatide)	Nabumetone ( Relafen)	Saw Palmento
Miradon ( anisinidine)	Naproxen (naprosyn)	Vitamin E
Plavix (clopidogrel bisulfate)	Naproxen sodium (aleve)	
Persantine (dipyridamole)	Oxaprozin (daypro)	
Pletal (cilostazol)	Piroxicam (feldene)	
Pradaxa (dabigatran)	Tolmetin sodium (tolectin)	
Reopro (abciximab)	Valdecoxib (bextra)	
Xeralto (rivaroxaban)		



**Please make sure that you take all medications for acid reflux, asthma, bronchitis or emphysema in the morning with at sip of water on the day of your procedure.**

Please make sure that you take all blood pressure medications the day of your procedure with a sip of water. This includes combination medications for blood pressure which contain diuretics.

ACE INIHIATORS	BETA BLOCKERS	ANGIOTENSION II	COMBINATION
Accupril (quinapril)	Betapace (sotalol)	Atacand (candesartan cilexetil)	Aldoril (methyldopa + hctz)
Aceon ( perindopril)	Bisoprolol (zebeta)	Avapro (irbesartan)	Capozide (captopril + hctz)
Altace (Ramipril)	Blocadren (timolol)	Benicar (olmesarten)	Corzide (nadolol + bendroflumethiazide)
Capoten (captopril)	Bystolic (nebivolol)	Cozaar (losartan)	Dyazide (triameterene + hctz)
Lotension (benazepril)	Cartrol (carteolol)	Diovan (Valsartan)	Hyzaar (losartan + hctz)
Mavik (trandolapril)	Coreg (carvedilol)	Hyzaar (losartan)	Inderide (propranolol + hctz)
Monopril (fosinopril)	Corgard (nadolol)	Micardis (telmisartan)	Lexxel( feldopine + enalapril)
Prinivil (lisinopril)	Inderal& inderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinizide (lisinopril + diuretic)	Kerlone(betaxolol)	Valsartan (diovan)	Lotension hct (benazepril + hctz)
Univasc (moexipril)	Levatol (penbutolol)	<b>OTHER BP MEDS</b>	Moduretic (amiloride + hctz)
Vasotec (enalapril, analaprilat)	Lopressor (metoprolol)	Catapres (clonidine)	Prinizide (lisinopril + hctz)
Zesteril (lisinopril)	Normodyne(labetalol)	Cardura (doxazosin)	Tentoretic (atenolol + chlorthialidone)
	Tenormin (atenolol)	Cardene (nicardipine)	Vaseretic(enalapril + diuretic)
	Toprol xl(metoprolol)	Cardizem (diltiazem)	Zestoretic (lisinopril + diurectic)
	Trandate (labetalol)	Norvasc (amlodipine)	Ziac (bisoprolol + hctz)
	Zebeta(bisoprolol)	Plendil (felodipine)	
		Procardia xl (nifedipine)	



Colon & Rectal  
Specialists

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**Do not take diuretics on the day of your procedure. These include clorothiazide, hydrochlorothiazide, furosemide, bumetanide, toresmide, amiloride, spironoactone, triameterene, mannitol, dyazide, maxzide and moduretic.**

**PLEASE NOTE THAT IF YOU ARE HAVING YOUR PROCEDURE AT A HOSPITAL- PLEASE ASK THE NURSE WHEN YOU GO IN FOR PREOP TESTING WHICH MEDICATIONS YOU SHOULD TAKE PRIOR TO YOUR PROCEDURE...**



**\*\*\*\*\*PLEASE NOTE THAT YOU WILL BE CHARGED A CANCELLATION FEE IF YOU DO NOT CANCEL YOUR PROCEDURE AS POLICY STATES. (Practice policy for administrative services)**

Procedures scheduled on Monday must be canceled or rescheduled by 4:30 PM the preceding Wednesday.  
Procedures scheduled on Tuesday must be canceled or rescheduled by 4:30 PM the preceding Thursday.  
Procedures scheduled on Wednesday must be canceled or rescheduled by 4:30 PM the preceding Friday.  
Procedures scheduled on Thursday must be canceled or rescheduled by 4:30 PM the preceding Monday.  
Procedures scheduled on Friday must be canceled or rescheduled by 4:30 PM the preceding Tuesday.